

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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www.FrederickCountyMD.gov/seniorservices Facebook: [Urbana Senior Center – Frederick County, MD](#)

January Program Highlights

The Inside Scoop: Paint Night

Join us for an evening of fun; no art talent needed! Members of the Urbana High School Community Outreach Club will be directing us as we paint a step-by-step picture.

Date: Tuesday, January 15

Time: 6:00 p.m. **Cost:** Free

*Optional Fried Chicken Supper, 5:15 p.m.
\$5.00 person, reservations required*

Lunch with Nurse Steve:

**"Like a fine wine, Can our bodies
improve with age?"**

Nurse Steve's talk will be "a discussion of our bodies after age 60."

Menu: Sub Day: roast beef, potato salad, coleslaw, fruit cocktail, dessert

Date: Thursday, January 10

Sign-up by Thursday, January 3

Time: Noon **Cost:** \$5.00 (regular meal cost)

Nurse Steve's talk at 12:30 p.m. is free.

Chat with Joy:

Real Estate Concerns for Seniors

MAP: Chat with Joy provides information and assistance to older adults.

Date: Wednesday, January 3

Time: 11:30 a.m. **Cost:** Free

Teens Teach Tech

Do you have tech questions? Drop in to learn some technology literacy skills from tech savvy teens. Topics covered may include tablets, smart phones and laptops. Bring your own device or use the senior lab computers for one-on-one instruction.

Date: Monday, January 28

Time: 1:00 p.m. **Cost:** Free

Winter Wonderland Luncheon

Join us during the doldrums of winter!

Comfort food *and* "brighten-the-winter-blues" indoor snowball fight!

Menu: stuffed chicken, mashed potatoes, Green bean casserole, pie

Date: Thursday, January 17

Sign-up by Wednesday, January 9

Time: Noon **Cost:** \$5.00 (Regular meal cost)

Hallway Art: Alison Bur

Ever wonder about the art hanging in the hallway? Alison Bur will discuss her photography and how she "gains a new perspective by reevaluation through the lens...her images focus strongly on the overall narrative."

Date: Monday, January 14

Time: 11:30 a.m.

Armchair Travel: Turkey & Greece, Following Paul's Footsteps

Using the Book of Acts as a roadmap, follow the footsteps of Paul through Turkey and Greece. View the countryside, the towns, the theaters, the Roman roads, the library and terrace homes at Ephesus, and temples to Athena. Enjoy a glimpse of Istanbul including its Hippodrome and the Blue Mosque. Jean Van Meter will be the presenter.

Date: Wednesday, January 23

Time: 1:30 p.m.

Artful Creations: Wed., Jan. 2, 1:00 p.m.

Book Club: Mon., Jan. 7, 1:15 p.m.

Memory Writers: Mon., Jan. 14, 1:00 p.m.

Movie Matinee: Thurs., Jan. 17, 1:00 p.m.

Artful Creations: Wed., Jan. 30, 1:00 p.m.

(see other side for calendar of activities)